

30-DAY TRANSFER SCREENING TEST REQUEST

REF (a) MILPERSMAN 1220-340

I. 30-day Transfer PST screening

The activity transferring the candidate to initial training must verify the candidate's physical condition by having the candidate take the PST approximately 30 days prior to transfer to initial training. The PST will be administered by a designated screening activity IAW ref (a).

a. Candidates must request a Physical Screening Test (PST) via e-mail: [PST Coordinator](#) in the following format:

- (1) Subject line: SWCC PST:
- (2) Request screen Location
- (3) Primary screen date
- (4) Full name
- (5) Rank
- (6) SSN
- (7) Ship or station
- (8) Email address of your Career Counselor
- (9) Phone # where you can be reached

Note: 1. PST and interviews can be scheduled for deploying candidates anytime ship is in port

2. Personnel serving overseas will need the contact the [PST Coordinator](#) to schedule a PST in your area.

d. Confirmation e-mail will be sent to candidate with the following information:

- (1) Date/Time
- (2) Location
- (3) Gear list
- (4) PST Overview

II. Failure of PST IAW ref (a) (c)

a. The candidate will retest approximately 15 days prior to transferring. If candidate fails the re-test, the candidate's orders will be held in abeyance (suspension.) The PST results will be sent by message to PERS-401D for cancellation of the candidate's orders. You will be made available to your rating assignment detailer.

III. Candidate Awaiting Initial Training IAW ref (a)

a. Candidates who have met all application physical standards, but develop a disqualifying condition must notify NAVPERSCOM (PERS0-401D) by message.